



Helping maintain independence & well-being



## Senior Lunch Sites – February 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>Suggested Donation - \$2.50</b>  <b>Meal Cost for Under Age 60 - \$3.50</b>	<b>Chicken w/Creamy Tarragon Sauce</b> Rice Pilaf Peas and Carrots Wheat Roll Fresh Fruit	Farmer's Soup w/Crackers <b>Open Face Hot Turkey Sandwich</b> w/Gravy & Cranberry Sauce Mashed Potatoes Wheat Bread Pineapple Chunks	<b>Chinese New Year!</b> Egg Drop Soup <b>Sweet and Sour Chicken</b> Fried Rice Oriental Vegetable Blend Fortune & Almond Cookie	<b>Hamburger on Wheat Bun</b> w/Onion, Lettuce & Tomato Potato Salad Cucumber Salad Orange Juice Oatmeal Raisin Cookie
7	8	9	10	11
<b>Baked Chicken Breast w/Herb Gravy</b> Rice Pilaf Capri Blend Vegetables Wheat Roll Fresh Fruit	Mexican Corn Soup <b>Beef Tacos</b> w/Sour Cream, Salsa & Shredded Lettuce Pinto Beans Pineapple Chunks	<b>Chili Con Carne</b> w/Onion & Shredded Cheese Garden Salad w/Ranch Cornbread Fresh Fruit	Butternut Squash Soup <b>Stuffed Salmon w/Sauce</b> Rosemary Redskin Potatoes Whole Baby Carrots Wheat Roll Chunky Fruit Salad	<b>Spaghetti w/Beef Bolognese Sauce</b> Italian Blend Vegetables Garlic Breadstick Parmesan Cheese Apple Juice Chocolate Pudding
14	15	16	17	18
<b>Valentine's Day!</b> <b>Stuffed Bell Pepper</b> Mashed Potatoes Spring Mix Salad w/Mandarin Oranges & Raspberry Vinaigrette Dinner Roll Chocolate Cake w/Cherry Topping	<b>Beef Hot Dog on Wheat Bun</b> w/Onion Macaroni Salad Colelaw Brownie	Tortilla Soup w/Tortilla Strips <b>Pork Chili Verde</b> Pinto Beans Sour Cream Flour Tortilla Custard	<b>President's Day Celebration!</b> <b>Holly Farm Chicken</b> Potato Salad Corn Parker House Roll Cherry Pie	Corn Chowder w/Crackers <b>Chef Salad</b> w/Turkey, Chicken & Roast Beef Lettuce/Tomato 1000 Island Dressing Wheat Roll Fresh Fruit
21	22	23	24	25
<b>Presidents Day!</b> <b>Senior Center Closed</b> 	Cream of Spinach Soup <b>Breaded Fish w/Tartar Sauce</b> Rice Pilaf Garden Salad w/Ranch Wheat Roll Fruited Jello	<b>BBQ Pork Rib</b> Chuckwagon Corn Garden Salad w/Italian Dressing Cornbread Fresh Fruit	<b>Birthday Day!</b> Tomato Soup w/Crackers <b>Salisbury Steak w/Gravy</b> Mashed Potatoes Wheat Roll Cake	<b>Chicken Cacciatore w/Fettuccini Noodles</b> Zucchini Sourdough Roll Birthday Cake Apple Juice
28				
<b>Cheeseburger on Bun</b> w/ Lettuce, Tomato, Onion and Cheese Coleslaw Baked Beans Fresh Fruit				

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Has 1,000 mg or more of Cholesterol, 0% transfat buttery spread served with bread and rolls



sodium. Low